

## PANDUROGA DESCRIBED IN BRUHATRAYIS: AN AYURVEDIC LITERATURE REVIEW

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### ABSTRACT

Among the different system of medicine existing in the world *Ayurveda* is the most ancient system of medicine. *Ayurveda* has recruited knowledge through various classical texts such as *Bruhatrayis*, *Laghutrayis*, *Nighantu* etc. *Acharyas* of *Bruhatrayis* viz *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridayam* has described *Pandu Roga* with its *nidanpanchaka* and *chikitsa* elaborately. *Hetu* of *Panduroga* includes *Aaharaj Hetu*, *Viharaj Hetu* and *Manasik Hetu*. *Acharya Charaka* and *Acharya Vagbhata* has mentioned *Panduroga* as *Rasapradoshaja Vyadhi* while *Acharya Sushruta* has mentioned as *Raktapradoshaja Vyadhi*. The main and the

important feature of the *Panduroga* is *Panduta*. *Acharya Charaka* and *Acharya Vagbhata* has mentioned 5 types of *Panduroga* while *Acharya Sushruta* has mentioned 4 types. This article is based on description about *Pandu Roga* from *Bruhatrayis*.

**KEYWORDS:** *Panduroga*, *Bruhatrayis*, *Nidanpanchaka*, *Chikitsa*, *Pathya*.

### INTRODUCTION

*Ayurveda* is an ancient system of health care dealing with both preventive and curative aspects of life. Etiological factors, prodromal symptoms, symptoms, prognosis and treatment of various diseases have been explained in ancient *Ayurveda* literatures. *Pandu Roga* is one among such diseases which needs special attention. Most of the *Ayurveda* literatures has

described *Pandu Roga*. Among *Bruhatrayis* in *Charaka Samhita* Acharya Charaka described *Pandu* after *Grahani Dosha Chikitsa* due to aggravation of *Pitta* in *Grahani* and the aggravation of *Pitta* constitutes a predominant factor in the causation of *Pandu*. In *Sushruta Samhita* Acharya Sushruta has mentioned after *Hridaroga* due to same *Samkhya*, *Samprapti* and *Chikitsa* of *Hridaroga* like *Tikshna*, *Amla*, *Katu* etc may cause for development of *Pandu*. Acharya Vagbhata in *Ashtanga Hridayam* mentioned *Pandu Roga* after *Udara Roga* due to same *Doshanghnata*.

*Pandu Roga* is mainly concerned with the vitiation of *Pitta Dosha* which in turn vitiates *Rakta* and other *Dhatus*. Since *Pandu Roga* is a *Pitta Pradhana Vyadhi* and *Pitta* is responsible for normal colour of the body, so, if it gets vitiated, impairment of colour and complexion (*Panduta*) occurs.

A detailed review of *Nidana Panchaka* will be helpful for clear understanding of minute aspects connected to disease. Therefore, in this article *Nidana-Panchaka* and *Chikitsa of Pandu Roga* has been reviewed from *Ayurved Samhitas - Bruhatrayis*.

## A literature review

### *Nirukti of Pandu Roga*

According to Acharya Charaka<sup>[1]</sup>

This means, while describing the signs and symptoms of different types of *Pandu*, several types of complexion like *Harita* (green) etc. are described. But all of these are dominated by *Panduta* (Pale-Yellow colour) because of which this disease is called *Pandu Roga*.

### *Nidana*

The *Nidana* of *Pandu Roga* is broadly divided in 3 types.

1. *Aharaja Nidana*

2. *Viharaja Nidana*

3. *Manasika Nidana*

1. ***Aharaja nidana:*** *Kshara*, *Amla*, *Lavana*, *Ati ushna*, *Asatmya Bhojan*, *Nishpav*, *Masha*(black gram), *Pinyaka*, *Tila Taila*, *Vidagdha Anna Sevana*,<sup>[2]</sup> *Ati Tikshna*, *Madya*, *Mrudam*.<sup>[3]</sup>

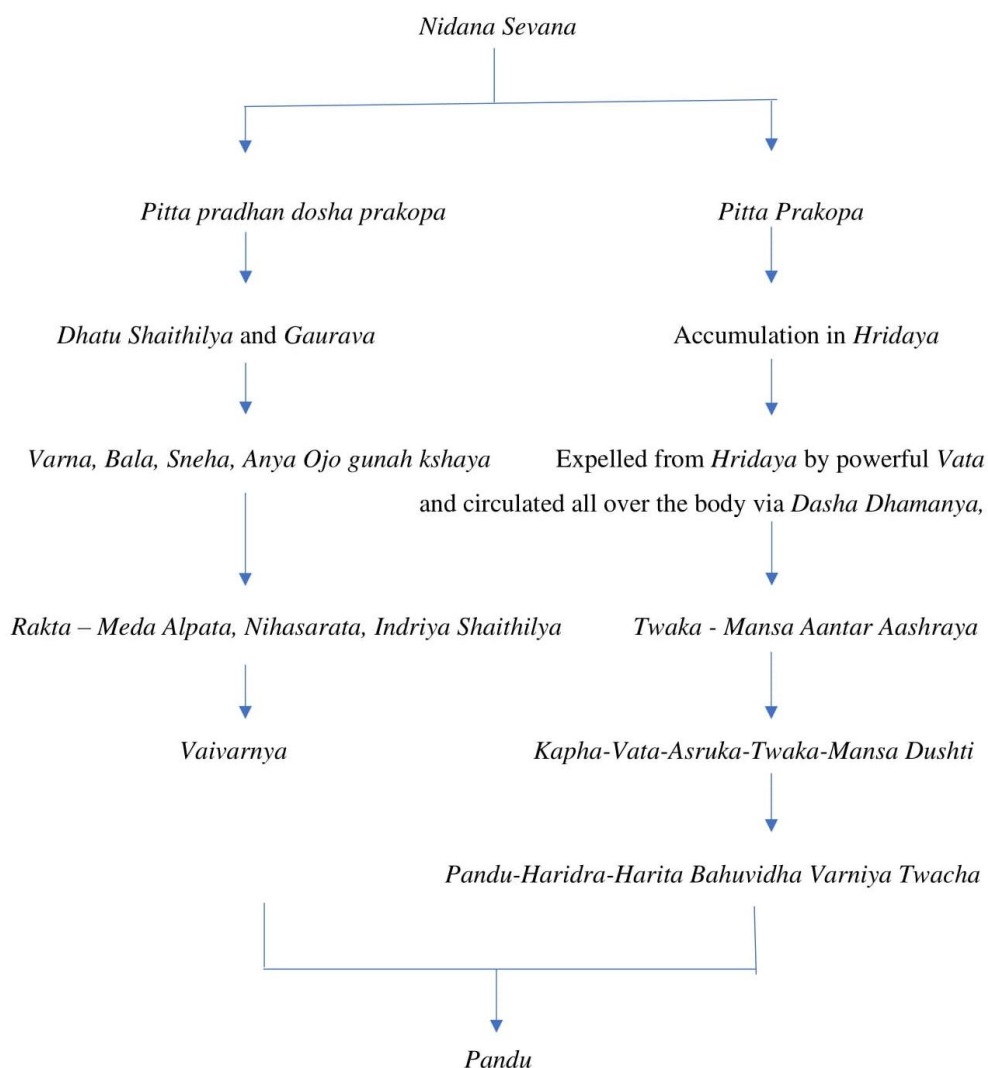
2. ***Viharaja nidana:*** *Divaswap*, *Ati Vyayama*, *Ati Maithuna*, *Karma Vaishamya*, *Veg Dharana*.<sup>[4]</sup>

### 3. *Manasika nidana: Kaama, Chinta, Bhaya, Krodha, Shoka.*<sup>[5]</sup>

#### *Samprapti*

Due to consumption of above mentioned *Aharaja Nidana*, *Viharaja Nidana* and *Manasika Nidana* *Vatadi Doshas* aggravates with predominance of *Pitta Dosha*. It produces laxity and heaviness in the *Dhatus*. Patients of *Pandu Roga* lose their complexion, strength, unctuousness and other properties of *Ojas*. That's why patients of *Pandu Roga* suffer from deficiency of *Rakta*, *Meda* become *Nihasara* with improper functioning of sense organs and resulting in discolouration.<sup>[6]</sup>

Aggravated *Pitta* gets accumulated in *Hrudaya*. By powerful *Vata* aggravated *Pitta* expelled from *Hrudaya* and circulated all over the body via *Dasha Dhamanya*. It reaches the space between *Twaka* and *Mansa* and leading to various abnormal complexion like pale yellow, deep yellow, greenish discolouration.<sup>[7]</sup>



***Samprapti Ghataka****Dosha - Pitta Pradhana Tridosha**Dushya - Twaka, Rakta, Mansa**Agni - Jatharagni, Dhatwagni**Srotas - Rasavaha, Raktavaha**Srotodushti - Sanga, Vimargagamana**Udbhavasthana - Amashaya, Hridaya**Sanchara - Sarva Sharir**Vyaktasthana - Twaka Vyadhi**Swabhava - Chirakari**Roga Marga - Madhyama Roga Marga****Purvarupa***

*Hrutaspandana* (palpitation of heart), *Swedabhava* (absence of sweat), *Raukshyam* (roughness), *Shrama*<sup>[8]</sup> (exhaustion), *Twakasfotana* (cracking of the skin), *Shthiwana* (spitting of sputum), *Gatrasada* (general body malaise), *Mrudbhakshana* (liking for mud intake), *Prekshanakutashotha* (swelling over eyelid), *Vinmutrapitatva* (yellowish discolouration of faecal matter and urine), *Avipaka*<sup>[9]</sup> (indigestion), *Aruchi* (distaste), *Alpavanhita*<sup>[10]</sup> (weak digestion)

***Rupa***

*Karnashweda* (tinnitus), *Hataanala* (loss of digestion) *Daurbalya* (debility, malaise), *Annadwita* (aversion towards food), *Shrama* (exhaustion), *Bhrama* (giddiness), *Gatrashoola* (body ache), *Jwara* (fever), *Shwaasa* (dyspnoea), *Gaurava* (heaviness), *Aruchi* (distaste), *Mruditagatra - Gatrapeeda - Gatronmathan* (feeling of limbs are being kneaded, pressed and churned), *Shunakshikuta* (swelling over orbit), *Harita* (complexion become greenish), *Shirnaloma* (hair fall), *Hataprabha* (loss of lusture), *Kopanatwa* (Irritability), *Shishirdweshi* (dislikes cold things), *Nidralu* (oversleep), *Shthivana* (spitting of sputum), *Alpa waaka* (diminished speech), *Pindikodweshtana* (Cramps in calf muscles), *Kati-Uru-Paada Ruka & Saada* (pain in waist, thighs and legs), *Aarohana Aayasa* (feeling of exhaustion while climbing stairs), *Dhatu Shaithilya* (laxity in dhatus), *Ojo guna kshaya*, *Alparakta*, *Alpameda*, *Niharsa*, *Shithila Indriya* (improper functioning of sense organs), *Hrutaspandana*<sup>[11]</sup> (palpitation of heart)

**Bheda**

Acharya Charaka and Acharya Vagbhata has described 5 types of *Pandu Roga*

1. *Vataja pandu*
2. *Pittaja pandu*
3. *Kaphaja pandu*
4. *Sannipataja pandu*
5. *Mrittika Bhakshanajanya pandu*<sup>[12]</sup>

Acharya Suhruta has classified *Pandu* into 4 types

1. *Vataja pandu*
2. *Pittaja pandu*
3. *Kaphaja pandu*
4. *Sannipataja pandu*

**1. *Vataja pandu***

Because of *Sevana* of *Vatal Ahar – Vihar Vata Dosha* gets vitiated. This vitiated *Vata Dosha* causes symptoms: *Krushnatva* (Blackish discolouration), *Pandutva* (Pallor), *Ruksha – Aruna Anga* (Rough and blackish body), *Angamarda* (General malaise), *Ruja* (Pain), *Toda* (Pricking pain), *Kampa* (Tremors), *Parshwa Shirorooja* (Headache), *Varcho Shosha* (Dryness of stool), *Aasya vairasya* (Distaste), *Shofa* (Oedema), *Aanaha* (distension of abdomen due to stool and gas), *Balakshaya*<sup>[13]</sup> (Loss of strength), *Krushna Aksha* (Blackish discoloration of eyes), *Krushna Avanaddha Sira* (Blackish network of blood vessels all over the body), *Krushna Vita-Mutra-Nakha-Aanana* (blackish discoloration of stool, urine, nails and oral cavity), *Anyava Vata Upadrava*.<sup>[14]</sup>

**2. *Pittaja pandu***

In *Pandu Roga* *Pitta* is disturbed. In such circumstances if patients having *Pitta Prakruti* consume *Pittal Ahar – Vihar Pitta* aggravates and brings abnormality in *Raktadi* resulting in *Pittaj Pandu Roga* having symptoms: *Pita – Harita Aabhaa* (yellow and green complexion), *Jwara* (Fever), *Daaha* (Burning sensation), *Trushna* (Thirst), *Murchhaa* (fainting), *Pipasa* (Thirst), *Shakrut – Mutra Pitata* (Yellow discolouration of stool and urine), *Swedana* (Excessive sweating), *Shita Kamana* (Urge for cold substances), *Annam na Abhinandati* (Aversion towards food), *Katukaasya* (Pungent taste), *Ushnam – Amlam na cha upashete* (no relief by hot and sour substances), *Amlodgara* (sour belching), *Vidagdhe anne Vidaahata* (burning sensation during digestion of food), *Daurgandhya* (foul smell from body and stool),

*Bhinna Varcha* (watery stool), *Daurbalya* (debility), *Tama*<sup>[15]</sup> (darkness in front of eye), *Pita akshano* (yellowish discolouration in eyes), *Pita Avanaddha Sira* (yellowish network of blood vessels all over the body), *Pita varni Nakha – Aanana* (yellow discolouration of nails and oral cavity), *Pittajanya anya upadrava*.<sup>[16]</sup>

### 3. *Kaphaja pandu roga*

When *Kapha prakruti* patients consume *Kaphaj Ahar – Vihar Kapha* aggravates and causes *Kaphaja Pandu Roga*. Symptoms of *Kaphaja Pandu Roga* are *Gaurava* (Heaviness), *Tandra* (Drowsiness), *Chhardi* (Vomiting), *Shvetavabhaasa* (White complexion), *Praseka* (Excess salivation), *Lomaharsha* (Horripilation), *Saada* (General malaise), *Murchhaa* (fainting), *Bhrama* (Giddiness), *Klama* (Mental fatigue), *Shwasa* (Breathlessness), *Kasa* (Cough), *Alasya* (Laziness), *Aruchi* (Distaste), *Vaka – Swara graha* (Loss of speech and voice), *Shukla Akshi- Mutra-Varcha* (Whitish discolouration in eyes urine, stool), *Katu-Ruksha-Ushna Kamata* (Urge for pungent, rough, hot things), *Kshwayathu* (Oedema), *Madhura asyata*.<sup>[17]</sup> (Sweetness in mouth), *Shuklaaksha* (whitish discolouration in eyes), *Shukla avanaddha sira* (Whitish network of blood vessels all over the body), *Shukla Nakha* (Whitish discolouration of nails), *Anya Kaphaj Upadrav*,<sup>[18]</sup> *Lavana vaktratva*<sup>[19]</sup> (saltiness in oral cavity)

### 4. *Sannipataja pandu roga*

Due to the consumption of *Tridoshas* aggravating *ahar – vihar Tridoshas* of patients aggravate resulting in symptoms of *Vataja-Pittaja-Kaphaja Pandu Roga*. Acharya Charaka has said it is as *Suduhasam*.<sup>[20]</sup>

### 5. *Mruda bhakshana janya pandu roga*

One who has the habit of consuming soil, soil causes aggravation of one of the *Tridoshas* either *Vata* or *Pitta* or *Kapha*. *Kashaya Rasatmaka* soil causes aggravation of *Vata*, *Ushara* (*Ksharyukta*) soil aggravates *Pitta*, *Madhura Rasatmaka* soil aggravates *Kapha*. Because of its *Ruksha Guna* soil brings dryness in *Rasadi Dhatu*. Soil remains undigested due to which it brings obstruction in *Srotas* carrying *Rasa-Raktadi* which results in *Indriya Bala-Virya-Oja-Teja Kshinata*, *Bala-Varna-Agni Nasha*, *Shuna Ganda-Akshikuta-Bhruhu* (oedema around cheek, eye sockets and eyebrows), *Pada-Nabhi-Mehana Shuna* (oedema in the feet, umbilical region and genital parts), *Krimikoshtha* (intestinal worms), *Sarakta – Kaphanvita Atisara*.<sup>[21]</sup>

### *Upadrava*

*Aruchi* (Distaste), *Pipasa* (Thirst), *Chhardi* (Vomiting), *Jwara* (Fever), *Murdharuja*

(Headache), *Agnisada* (Lack of digestive power), *Shopha Kanthagata* (Oedema in throat), *Abala* (Debility), *Murchha* (Fainting), *Klama* (Fatigue), *Hrut Avapidana*<sup>[22]</sup> (Feeling of discomfort in heart).

### ***Asadhya lakshana***

*Chirotpanna* (chronic), *Kharibhuto* (excessive dryness), *KAlprakarshat Shuna* (afflicted with oedema), *Pitani Pashyati* (yellow vision), *Baddha Alpa Vita* (full or partial constipation), *Sakapha Harita Atisar* (greenish loose stool mixed with mucus), *Deena* (exceedingly prostrated), *Shweta Ati Digdha Anga* (white complexion as smeared), *Chhardi* (vomitting), *Murchha* (fainting), *Trushna* (thirst), *Asrika kshayat shwetatwa apnuyat*<sup>[23]</sup> (pale due to loss of blood).

### ***Chikitsa***

1. *Snehana*
2. *Shodhana*
3. *Yatha Dosha Bhaishajya*
4. *Pathya Anna*

#### ***1. Snehana***

The *Snehas* to be used for *Panduroga* are - *Panchagavya Ghruta*, *Mahatiktaka Ghruta*, *Kalyanaka Ghruta*, *Dadimadya Ghruta*, *Katukadya Ghruta*, *Pathya Ghruta*, *Danti Ghruta*, *Draksha Ghruta*, *Haridradi Ghruta*, *Darvi Ghruta*, *Katwar Ghruta*, *Dadhika Ghruta*, *Panchatikta Ghruta*, *Aragwadhadi Gana Dravya Siddha Ghruta*.

#### ***2. Shodhana***

*Urdhva Shodhana* i.e. *Vamana* & *Anulomana* i.e. *Virechana* are the *Shodhana Karmas* indicated in the *Panduroga*. *Dravyas* used for *Shodhana* must be of *Tikshna Guna*.<sup>[24]</sup> After proper *Snehana* with above mentioned *Snehas* *Virechana* of the patient must be done with – *Gomutra yukta Dugdha* or only *Dugdha* or lukewarm infusion of *Dantifala* sprinkled with one *Anjali Kashamarya* or lukewarm infusion of *Dantifala* sprinkled with paste of one *Anjali* of *Draksha*.

The patient suffering from *Paittik Panduroga* should be given half *Pal* of the powder of *Trivrita* mixed with one *Pala* of sugar.

The patient suffering from *Kaphaja Panduroga* should be given *Haritaki* soaked in *Gomutra*.



*Gomutrasiddha triphala kwatha*

*Sama matra* of *Swarnakshiri* + *Trivrutta* + *Shyama* + *Devadaru* + *Shunthi* pasted in one *Anjali* of *Gomutra* or by making infusion of *Sama matra* of *Swarnakshiri* + *Trivrutta* + *Shyama* + *Devadaru* + *Shunthi* with *Gomutra* or *Swarnakshiri adi Sadhita Kshira*

**3. Yatha dosha bhaishajya**

*Chikitsaka* should give *Yogas* to the patient according to the *Bala & Dosha*.

In the patient suffering from *Vataja Panduroga* the treatment should be inclusive of *Sneha Dravya*.

In the patient suffering from *Pittaja Panduroga* the treatment should be inclusive of *Tikta & Shital Dravya*.

In the patient suffering from *Kaphaja Panduroga* the treatment should be inclusive of *Katu, Tikta & Ushna Dravya*.

In the patient suffering from *Sannipataja Panduroga* the treatment should be the combination of all according to the *Dosha*.

***Mrudabhakshanjanya panduroga chikitsa***

After making the proper decision about the *Bala – Abala* of the patient one should make use of *Tikshna Sansoshadhana Dravya* to remove the soil out from the body of the patient. After *Shodhana* when body is purified patient should be given medicinal *Ghruta* therapy to increase *Bala*.<sup>[25]</sup>

***Kalpa******Vishaladi Phanta***

*Godugdha* mixed with *Gomutra* or *Mahisha Dugdha* mixed with *Mahisha Mutra* for 15 days, *Dhatriphala Rasa Kshaudrayuta*, *Ikshu Rasa Kshaudrayuta Bruhatyadi Ghruta*,

**Churna:-** *Navayasa Churna*, *Yashtimadhu Churna* *Lehana* with *Madhu*, *Triphaladi Churna*, *Ajashakrudadi Churna*, *Vishaladi Churna*, *Navayasa Churna*, *Tapyadi Churna*.

**Avaleha:-** *Darvyadi Leha*, *Dhatryavaleha*, *Ayorajovyoshadyavaleha*, *Vidangadyavaleha*.

**Arishta:-** *Gauda Arishta*, *Bijakarishtha*, *Dhatryarishta*.

**Mandur:-** *Punarnava Mandur*, *Akshakashthadagdhmandur*, *Saindhavamandur*.

**Vataka:-** *Mandur Vataka*, *Shilajatu Vataka*, *Bibhitakadi Vataka*.



**Kashaya:-** *Triphala kwatha* with *Gomutra* for 1 week, *Yashtimadhu Kashaya* with *Madhu*, *Nyagrodhadi Varga Kashaya*, *Vasadi Kwatha*.

**Rasayana:-** *Gomutra Haritaki*, *Yogaraj*.

**Bhasma:-** *Lohabhasma*, *Mandurbhasma*.

**Yoga:-** *Swarnamakshikadi Yoga*, *Sauvarchaladi Yoga*, *Bala-Shigru Yoga*.

#### 4. *Pathya anna*

*Yava*, *Godhoom*, *Shali*, *Mudga*, *Aadhaki*, *Masura*, *Jangal Mansa Rasa*, *Sthiradi shruta toya* *Paana Aahare*.<sup>[26]</sup>

*Kaniya Panchamula Ambu* – *Mrudvika Amalaka Rasa Paana Bhojajne*, *Aamalaki swarasa*, *Ikshurasa*, *Mixture of sattv and Honey or madha*

*Phala Varga*- *Patol*, *Kushmanda*, *Kadali (Taruna)*, *Vartak*, *Rasona*, *Bimbi*. *Shaka Varga*- *Jeevanti*, *Guduchi*, *Punarnava*, *Dronpushpi*

*Drava Varga*– *Dugdha*, *Takra*, *Ghrita*, *Navneeta Tail*.<sup>[27]</sup>

## CONCLUSION

According to all the three *Acharyas* of *Bruhatrayis Panduroga* is a disease having *Pitta Dosha* as predominance. *Pitta Dosha* is mainly responsible for the complexion of the body. Due to *Hetu Sevan* when *Pitta* gets vitiated along with other *Doshas* it causes *Rasadhatu Dushti*. Due to the improper nourishment of *Rasadhatu* other *Dhatus* remain undernourished which results in loosing of *Varna*, *Raktalpata*, *Twaka Dushti* giving various complexions like *Pandu*, *Haridra*, *Harita* to skin. While explaining the causes of *Panduroga* *Acharyas* has told that not only dietary factors but lifestyle and psychiatric factors are also responsible for developing the disease. *Acharya Vagbhata* has explained most of the *Hetu*, *Rupa*, *Purvarupa*, *Samprapti*, *Bheda* similar to those of *Acharya Charaka*. *Acharya Charaka* and *Acharya Vagbhata* have explained 5 types of *Panduroga* while *Acharya Sushruta* has explained 4 types of *Panduroga*. *Acharya Charaka* and *Acharya Vagbhata* have mentioned *Mrudabhakshanjanya Panduroga* as one of the types of *Panduroga* while *Acharya Sushruta* has mentioned *Mrudabhakshan* on of the cause of *Panduroga*. In the treatment all *Acharyas* advised *Virechana* i.e. purgation therapy which is also the the main treatment of *Pitta Dosha*. All *Pandurogas* are curable at acute stage but in chronic stage due to the development of *Asadhya Lakshana* they become incurable. Hence *Pathya Palana* also plays an important role. The literature reviewed in this article will be helpful in understanding the Ancient knowledge about the cause, premonitory symptoms, symptoms, etiopathogenesis,

complications, symptoms of bad prognosis or incurable symptoms and treatment of the *Panduroga*.

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